

### Abstract

The present invention relates to a foamable oil-in-water type emulsion comprising the following (A) and (B): (A) from 3 to 50% by weight of an oil phase containing fat or oil including from 1 to 69.9% by weight of triglycerides, from 0.1 to 9% by weight of monoglycerides and from 30 to 90% by weight of diglycerides, wherein 80% by weight or more of the fatty acids in the diglycerides are unsaturated fatty acids, and wherein the content of saturated fatty acids is less than 40% by weight and the content of trans acids is less than 10% by weight, based on the total amount of fatty acids in the fat or oil; and (B) from 50 to 97% by weight of a water phase containing 1 to 80% by weight of sugars and/or sugar alcohols, which has good foaming characteristics, flavor and the like.